ADDITIONAL OFF-LEASH PARKS IN WORKS, PG 3

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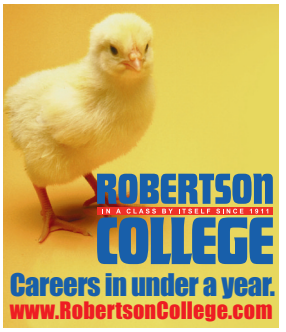

Athletes get big thumbs-up from Canadians: Poll

VANCOUVER 2010 Games

NUMBERS Canadians are waking up after their smashing success at hosting the 2010 Winter Games with something akin to post-coital bliss, a Canadian Press-Harris Decima survey has found.

The poll suggested that of the more than 1,000 people polled between Thursday and Sunday, almost no one — only one per cent — was unhappy with the performance of Canada's athletes.

Of those, 65 per cent said they were "very satisfied" and the rest were merely satisfied.

But the poll also indicated that as euphoria fades, the resolve to bask in the love affair could weaken as governments begin introducing what are expected to be cost-cutting budgets in the days to come.

THE CANADIAN PRESS

LARRY MACDOUGAL/THE CANADIAN PRESS

Chris Le Bihan, Canadian four-man bobsled bronze medallist, meets infant son Beau for the first time yesterday as wife Naomi looks on after arriving in Calgary from the Vancouver Winter Olympics. The baby was born during the Games.

Olympic heroes return

New dad among athletes to get warm welcome in Calgary

VANCOUVER 2010 Games

Canadian bobsledder Chris Le Bihan says he was shaking and fighting back tears, his heart rate through the roof.

Le Bihan wasn't describing the death-defying plunge down Whistler's sliding track that netted him a bronze medal last weekend as part of Lyndon Rush's four-man team.

Instead, he was talking about his feelings as he waited to get off the plane to meet his newborn son for the first time yesterday.

"There's been lots of celebrating the last couple of days."
Speedskater Lucas Makowsky

"Two huge prizes," the native of Kelowna, B.C., said softly, gazing at little Beau Legend, who was born during the Games.

"He's the biggest one, though. He's incredible."

Athletes fanned out across the country yesterday, heading back to their respective homes and normal lives after a Canadian gold rush at the Vancouver Olympics.

Most who stopped to sign autographs for a crowd of fans at the Calgary airport said they were looking forward to some quality time in bed after a non-stop party as the Games wound down.

"There's been lots of celebrating the last couple of days," said gold medal-winning speedskater Lucas Makowsky.

Jon Montgomery, a Russell, Man., native who snagged a gold in skeleton, said the warm welcome from fans was a far cry from his normal airport routine.

"I've come home before and we just usually go get our bags and skin out of here quite quickly. I think I might be a bit longer getting out of here today."

Le Bihan, who trains in Calgary, said his plans for the next week include changing some dirty diapers and sitting down with his wife, Naomi, to figure out what's next for him.

Naomi said little Beau slept through most of the bobsled runs, but snapped awake just before his father's trip down the hill.

"It was like magic — he had to be awake for his dad."

THE CANADIAN PRESS

Calgarians help save woman from fire

KRISTA SYLVESTER
krista.sylvester@metronews.ca

VANCOUVER Accolades are pouring in for a trio of local "heroes" who saved an elderly woman from a fire in Vancouver, though the heroism is bittersweet, according to officials.

Vancouver Fire and Rescue Services spokesperson Gabe Roder said three people from Calgary were in the city for the Olympics when a fire broke out last Friday in the upscale neighbourhood of Point Grey at 9 p.m.

"They helped get a 94-year-old woman out of the house and tended to her, and we are grateful for the heroism," Roder said, adding the actions saved the woman's life.

However, a 38-year-old woman died in the fire, Roder said, adding two men in the group made every effort to save the woman from the burning house.

"It is bittersweet. They were able to save one woman, but my understanding is they were pretty upset about not being able to help the other woman. It's really tragic."

Fire investigators have determined that the blaze was accidental in nature, though they have not pinned it down to an exact cause.

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Health&Beauty

A Metro special focus – spring into a new you, pages 13, 14

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Alleged drinking delays trial start

COURT A man accused of causing the overdose death of his 16-month-old daughter allegedly showed up drunk on the morning of the first day of his Calgary trial, which delayed proceedings until the afternoon.

Jonathan Hope is charged with manslaughter, criminal negligence causing death and failure to provide the necessities of life. The trial continues.

METRO CALGARY

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CalgaryTweets

@suzannemf Calgary has more than 100 winter Olympic athletes based here. When are we having a rally for them at Olympic Plaza? Make it happen #yyc

@lauraxodurham flying to calgary then getting on a bus to lake louise, first time travelling by myself wish me luck!

@cchalc Perfect dog walking weather here in Calgary...I just might #fb closing ceremonies

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More off-leash parks in plans

Committee set to re-OK commitment, use Auburn Bay as model

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Using a recently opened off-leash dog park as a model, a Calgary alderman hopes to see additional similar parks in the future for Calgarians.

Ward 12 alderman and community and protective services chair Ric McIver said the committee is set to re-approve the 2010 Off-Leash Park Implementation Plan tomorrow and hopes a new dog park near Auburn Bay will serve as a leading example for the plan.

"I hope to see it become a terrific model and I'm very optimistic. There is a big demand for facilities like this in the city and I would like to see more," McIver said.

While council looked at the plan before, a motion levied by Ald. Brian Pincott to look at fees sent the plan back to administration for further clarification, McIver said. Pincott's motion was rejected.

METRO CALGARY FILE PHOTO

Poop patrol is the biggest pet peeve of off-leash park users, according to the results of a survey. More parks are sought, and future areas could be modelled after a recently opened Auburn Bay park.

In 2009, almost 5,000 Calgarians responded to telephone and online surveys citing their concerns, including people not picking up doggy doo and dogs not kept under control, but Bylaw and Animal Services director Bill Bruce said they have responded to calls.

"We will work with the community and when there are concerns we get out there and address them by educating people," Bruce said, adding they haven't received a high volume of complaints.

If approved, council will direct administration to come back with a progress update in January, 2011.

Suspect pleads not guilty to LRT murder

TRIAL A man has pleaded not guilty to first-degree murder after admitting in an agreed statement of facts that he sexually assaulted a Calgary woman and fatally injured her.

The admission, presented by the Crown and defence, came at the opening of the judge-only trial for Christopher James Watcheston yesterday.

The 24-year-old man is charged in the death of Arcelie Laoagan, whose battered body was found near the northeast Franklin train station behind the Grace Baptist Church in January 2008.

Watcheston admitted to following the 41-year-old woman up an escalator, then physically and sexually assaulting the mother of five.

Laoagan was on her way home from working at West Canadian Digital Imaging when she was assaulted in what police called a random attack.

Laoagan had come from the Philippines to Canada in 2004.

Crown prosecutor Gordon Wong told the court that he will attempt to prove that Watcheston intended to kill Laoagan.

METRO CALGARY
WITH FILES FROM THE CANADIAN PRESS

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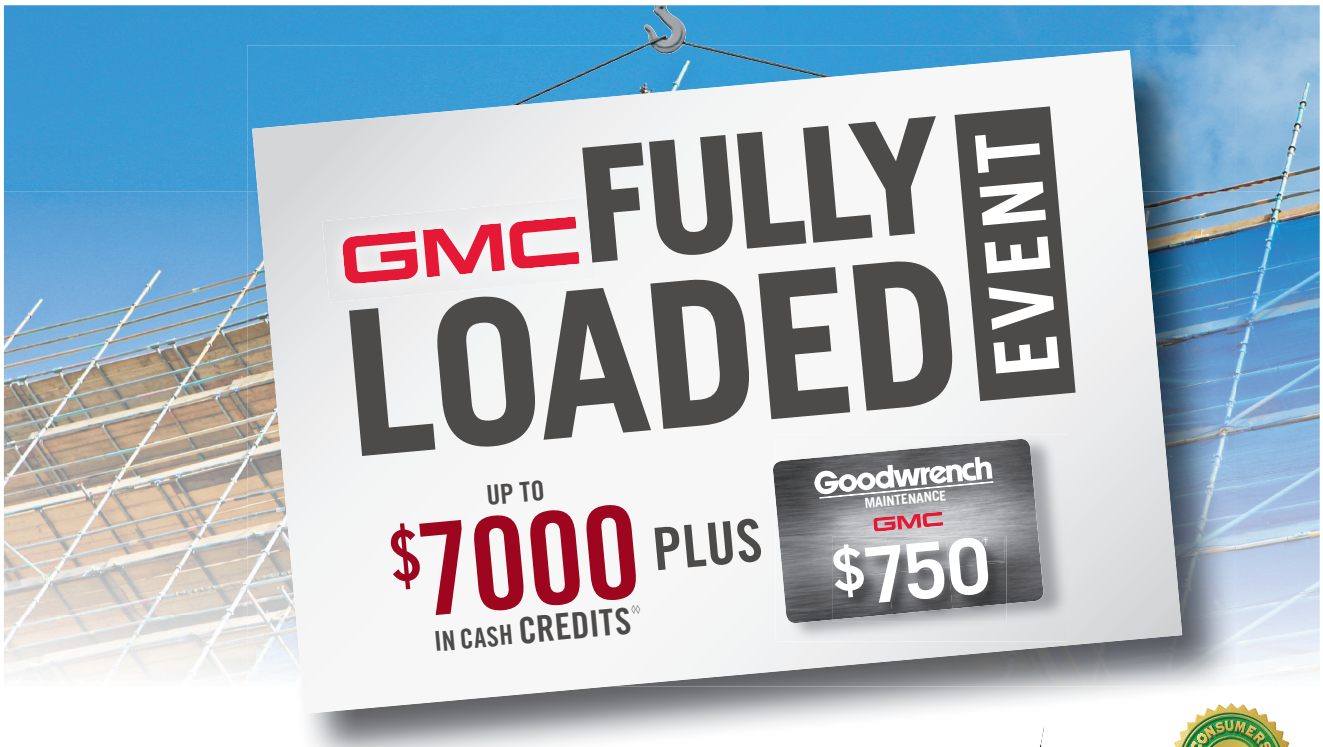

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Park reservations open next week
Starting March 8, Albertans and visitors can book more than 5,800 campsites in advance at 50 provincial campgrounds online at Reserve.AlbertaParks.ca or through 1-877-537-2757. Online reservations at the campsites are available up to 90 days in advance. METRO CALGARY

Edmonton tries to break YYC habit

ANDREAS MORSE
for Metro Canada

About 750,000 Edmontonians make their way south on the QEII every year just to catch a flight out of Calgary.

In order to break the "Calgary Habit," Edmonton International Airport (EIA) launched an intervention campaign yesterday to stop Edmonton-region travellers from flying via Calgary.

ANDREAS MORSE/FOR METRO CANADA

Edmonton International Airport employees gathered in Edmonton yesterday to kick off the Stop the Calgary Habit campaign.

"Four or five years ago, it might have been necessary to fly out of Calgary," said Peter McCart, VP, marketing and business development for EIA. "But today we've got 50 non-stop destinations from Edmonton International, so you don't need to anymore."

Representatives from the airport will be staging a series of grassroots promotions and events to remind Edmontonians about the importance of supporting the airport's growing non-stop destinations.

"We as Edmontonians want to fly non-stop from our airport, we don't want to drive to Calgary and we don't want to connect through Calgary," McCart said. "We want to go from A to B without going through C."

Andrew Hopkyns, director of business development for AMA Travel, said the number of people driving to Calgary to catch a flight shocks him.

"Seven-hundred and fifty thousand Edmontonians will drive that three-and-a-half-hour, tough highway to take planes out of Calgary that are readily available out of Edmonton," he said. "I just don't understand it."

News in brief

INQUIRY A provincial judge presiding over a fatality inquiry into the murder of a Calgary man at a nursing home in April 2007 says the death could have been prevented. The judge recommended regular inspections at the Bethany Care Centre after John Driscoll killed James Cairns. Both men suffered from dementia.
METRO CALGARY

Kids take surfing lessons during Online Safety Week

APRIL STUART
for Metro Calgary

INTERNET With the Internet ingrained in our daily lives, safer surfing is a priority.

That's why Online Safety Week has become an annual event to educate children on safe practices.

Willowpark Grade 6 students were in attendance yesterday to learn of the dangers of Internet use.

"I've learned that you shouldn't be on websites where you have to give personal information (in order) to be on," said Brielle Mitchell.

The risks have grown for children with access to Internet in the home, said Ward 12 Ald. Ric McIver, deputy mayor, at Southcentre mall for the Online Safety Week kickoff.

"Even in their own home when they feel safe, strangers are there because of the Internet," said McIver.

More information about Online Safety Week can be found at youthlinkcalgary.com/onlinesafety/.

Kassam considers mayoral run

POLITICS Alnoor Kassam for mayor?

Maybe, but the tight-lipped potential hopeful will only say he is "seriously considering" throwing his hat into the October Calgary leadership battle when Mayor Dave Bronconnier steps aside.

"I am thinking about running and I am putting together a campaign team and have started fundraising for a campaign," Kassam said yesterday.

Though he won't say how much he has raised, Kassam said he's already started receiving $1,000 donations for his potential run. But if he decides not to run, he will return the money to donors.

"I have received a lot of emails and calls from people saying I should run, so deciding on the support and number of donors, I will consider it."

KRISTA SYLVESTER/
METRO CALGARY

Moving fundraiser for arthritis

DARREN KRUASE
darren.krause@metronews.ca

HEALTH Three people under the age of 30 in Kim McNeil's life — including her brother — have been diagnosed with different forms of arthritis.

That, along with working alongside a medical professional studying arthritis pain, is what compelled the yoga instructor of five years to first take part in the Power of Movement arthritis awareness event last year.

"I know people in the prime of their lives who deal with this every day," said McNeil.

McNeil was asked by the national committee, which were familiar with her story, to tackle the organization of a Calgary event this year.

So McNeil took up the cause, and is now looking for Calgarians' support in a mass yoga event at 10 a.m. this Sunday at Cardel Place.

"Yoga is all about promoting wellness and well being," she said, noting that yoga can help with stress, flexibility and strength, benefiting those suffering from arthritis.

APRIL STUART/FOR METRO CALGARY

Kim McNeil is hoping Calgarians will join her this weekend at Power of Movement, a mass yoga session to raise funds and awareness for arthritis.

Registration for the event and donations can be done online at powerofmovement.ca.

McNeil also said even if you can't participate in the event, donations can still help the cause.

Donations will be going to the Arthritis Autoimmune Research Centre, (AARC).

WITH FILES FROM APRIL STUART

CALGARY OBITUARIES

CalgaryObits.com
notes the following deaths in our community:

BESTIANICH, John Joseph
BOLDT, Hildegard
BRANDT, Wilda Ann
CLARKE, J.Hugh
CORBETT, Joan
DASE, Kenneth (Ken) Eric
DUBON RECINOS, Pedro Pablo (Pablito)
DYCK, Angela Grace
ERICSON, Donald Martin
HOLOWISKY, Joseph Neil
HUNTE, Dr. R. Gordon
JOHNSON, Glen Wade
COLE, Katherine Marie Louise
KOSTIUK , William (Bill)
MACLAREN, Blair Eric
MARSTON, Robert Higginson
MCCOLL, Howard Stuart
MCLEOD, Lee Ann
MCPHERSON, Jean Isabel (nee Court)
MERRETT, Ailsa Ruth (nee Frank)
MOORE, Mary Jacqueline Zephrine Chase
MUNRO, Russell "Jim" James
NEUERT, Gladys Evelyn
RICHARDSON, Yvette Jacqueline (Eve)
SELKIRK, Anne
SEMMENS, David Nelson
ULASZONEK , Eugenia
WAYMARK, (Bishop) Christina Ophelia (nee Topley)
WILSON, George Sydney Lowen
ZAWALYKUT, Edward

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Hospital gets $10 million for robotic surgical system

Toronto's Hospital for Sick Children is getting $10 million from the federal government to develop the KidsArm robotic surgical system. KidsArm is an image-guided medical robot designed for pediatric patients. THE CANADIAN PRESS

Canada/World

Despite the deficit, their comfort's on you

Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost $1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to $10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong.

The IPU is asking for $870,366 and the CPA for $605,818 — most of it for international travel. Both budgets must still be approved by the Joint Interparliamentary Council, which is overseen by the Speaker of the House of Commons and the Senate's internal economy committee.

The IPU budget provides the most detail, including estimated airfares.

THE CANADIAN PRESS

Hey big spender...

- While politicians often maintain the comfort of business class is justified on long overseas flights, the estimated $2,500 to make the short hop to New York is several times the cost of an economy class ticket.

m.metronews.ca

ScanLife

They're the face of climate change, but research says polar bears may be more adaptable than we think. Scan this code for the story.

Chilean earthquake a disaster 'without parallel'

CONCEPCION Rescuers found signs of life in the wreckage of a 15-story building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to drill through thick walls to reach them, said fire department Commander Juan Carlos Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants.

THE ASSOCIATED PRESS

Mining firms OK

- Canadian mining companies with operations in Chile aren't reporting any damage from Friday's earthquake, but some say damaged infrastructure could make it difficult to get supplies. Some of Canada's biggest mining companies have operations in the South American country.

Dozens dead after European storm

FRANCE Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe.

The storm, called Xynthia, blew into France early Sunday with hurricane-force winds, flooding ports, destroying homes and leaving 1 million households without electricity. It also battered Belgium, Portugal, Spain and parts of Germany and snarled train and air travel throughout the continent.

French President Nicolas Sarkozy yesterday toured the worst-hit areas, the coastal regions of Vendee and Charente-Maritime, and pledged $4 million US in emergency aid.

Regional officials clamoured for France to quickly reinforce its aging sea walls. About half the French death toll of 51 was attributed to the breach of the sea wall off the coastal town of L'Aiguillon-sur-Mer, where ocean waters surged up to the roofs of some homes.

THE ASSOCIATED PRESS

News in brief

MEMORIAL A scholarship and bursary program has been established in the memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year.

BUDGET Stephen Harper got lots of practice saying "no" during preparations for Thursday's federal budget. With the government looking to trim a record $56 billion deficit, the prime minister says he and Finance Minister Jim Flaherty have spent more time working on this budget than any other. But Liberal Leader Michael Ignatieff says the budget should say "yes" when it comes to measures that will create jobs.

THE CANADIAN PRESS

Vancouver Among the wildlife

DARRYL DYCK/THE CANADIAN PRESS

Czech Republic Olympic team staff members Jaroslav Lucan, left, and Tomas Lucan pose for photos with a beaver and moose at the Vancouver International Airport in Richmond, B.C., yesterday. The airport expected to have its busiest day ever.

News in brief

AUTO General Motors says it is recalling 1.3 million cars in the U.S., Canada and Mexico to fix power steering motors. Models covered include Chevrolet Cobalts, 2007 to 2010 Pontiac G5s, and 2005 and 2006 Pontiac Pursuits sold in Canada.

THE ASSOCIATED PRESS

Four charged for ticket fraud

U.S. federal prosecutors say four California men made more than $25 million US reselling tickets to events they acquired by hacking into Ticketmaster and other sites. THE ASSOCIATED PRESS

7

India **Colourful Holi-day**

RAJIB MAHROOL/THE ASSOCIATED PRESS

Youth with painted faces ride a bike during Holi festivities in Mumbai, India, yesterday. Holi, the Hindu festival of colours, also heralds the coming of spring.

Berlusconi OK's Italian corruption crackdown

The cabinet of Italian Premier Silvio Berlusconi proposed legislation yesterday to keep politicians out of Parliament if convicted of embezzlement, bribery or other forms of corruption after scandals hit a top aide and politicians in his party.

One of his closest associates, the chief of the nation's disaster relief agency, has come under investigation in a probe of public contracts for construction before last year's Group of Eight summit in Italy.

The aide, Guido Bertolaso, who also oversaw disaster aid after last year's earthquake in L'Aquila, denies he did anything wrong as part of running G8 preparations.

Meanwhile, a senator from Berlusconi's conservative party, suspected by prosecutors of having a role in money laundering for organized crime, resigned yesterday.

Nicola Di Girolamo, a member of the premier's conservative Freedom People's party, represents Italians living abroad.

Rome-based organized crime prosecutors alleged that Di Girolamo was elected with falsified ballots of Italian voters living in and around the German city of Stuttgart.

The alleged fraud was purportedly arranged by the 'ndrangheta, a southern Italian crime syndicate with a solid base in Germany. THE ASSOCIATED PRESS

On trial himself

- Premier Silvio Berlusconi, who himself is on trial in a bribery case and who denies wrongdoing, recently promised the crackdown.

Zundel released from German prison

GERMANY Far-right German activist Ernst Zundel was freed yesterday after serving five years in prison for denying the Holocaust ever happened.

The 70-year-old had been extradited in 2005 from Canada, where he spent time behind bars on the German warrant after having been deported from the U.S. for alleged immigration violations.

Zundel was convicted on 14 counts of inciting hatred for years of anti-Semitic activities, including contributing to a website devoted to denying the Holocaust — a crime in Germany. The website's accessibility made it possible for German prosecutors to charge him.

He said he was unsure if he would return to Canada, where he had lived in both Toronto and Montreal for years after emigrating in 1958. He was rejected twice for Canadian citizenship and moved to Tennessee, but was sent back to Canada in 2003.

In February 2005, a Canadian judge ruled that Zundel's activities were a threat to national security as well as "the international community of nations," clearing the way for his deportation to Germany later that year.

THE ASSOCIATED PRESS

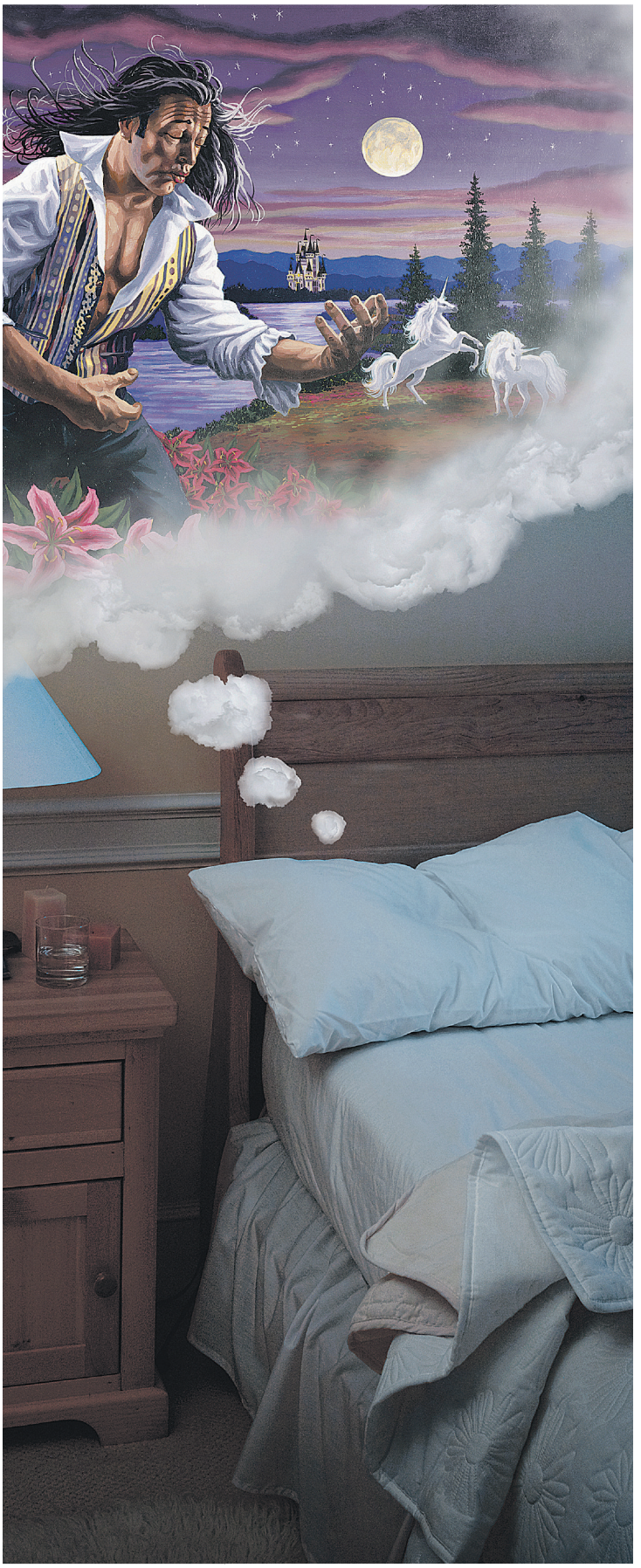
m.metronews.ca

SCANLIFE

Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.

News in brief

TREATY U.S. and Russian negotiators have left Geneva after failing to conclude a new nuclear weapons treaty in their latest round of talks, a U.S. official said yesterday. The two sides will meet again March 9, said U.S. spokesman Michael Parmly. The long-running negotiations about a successor to the 1991 Strategic Arms Reduction Treaty were supposed to be finished before it expired Dec. 5. THE ASSOCIATED PRESS



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Comment

PM basks in the glow

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He headbutts opponents. He repeatedly throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

Stephen Harper

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Tiger Woods witch hunt is a hypocrisy

InStep
Christine Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common among us. Virtually all of us know at least one person who has been cheated on. The only difference is that Woods had an astounding 13 alleged mistresses, and he sports more than a great golf swing. His squeaky clean, family man look had us all deluded. We were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score. Even among the general public, it's difficult to acquire infidelity statistics because it's done in secret and most people wouldn't want to admit to it.

One thing we do know: There are discreet affairs. The Ashley Madison infidelity dating site boasts of almost 2.5 million members, carrying the slogan, life is short, have an affair.

Seducing temptations are in bumper-crop supply, fed by luring images on the Internet, TV, magazines, and derogatory slogans about the dreary old man, the old lady, and the seven-year itch. Sadly enough, affairs are highly glamorized. Many among us have fallen into temptation and now we're throwing Woods under a bus.

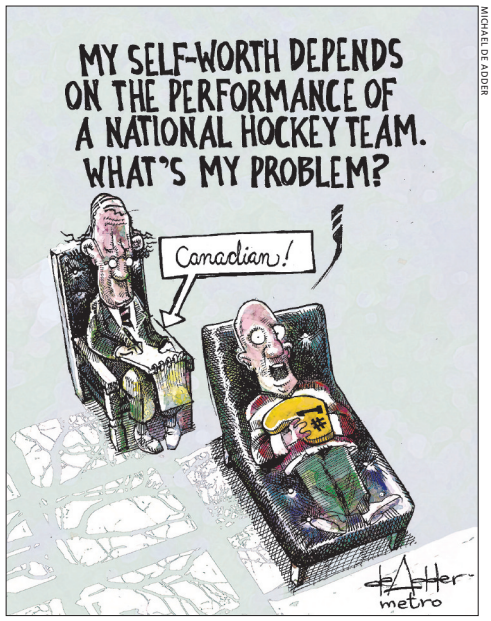
Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools, and religious institutions.

What's even more disturbing than Woods is the recent headline about the two Manitoba teachers who performed a gross bump-and-grind lap dance in front of shocked high school students.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

Worth mentioning

Planning to overthrow government – $5 please

In South Carolina, any group that plans to overthrow the federal government — or any other government in the U.S. — must register its activities. It's the law.

Now, some state legislators are looking to repeal it.

State Sen. Larry Martin said yesterday the 1951 statute, meant to deter communists, is making South Carolina look bad since bloggers and talk radio picked up on it last month. A misconception spread that the statute, on the books for nearly six decades, had only recently become law.

$5 The "subversive activities registration act" requires any group that advocates overthrowing local, state or federal governments to pay $5 and register the group's name, its leader's address, beliefs, all members living in South Carolina and check yes or no to the following: "Do you or your organization directly or indirectly advocate, advise, teach or practice the duty or necessity of controlling, seizing or overthrowing the government?"

Legislators said some constituents in this deeply conservative state were concerned it was aimed at conservative activists.

"Nothing could be further from the truth," said Martin. The law was enacted "at a time they thought it was the best response to the communist scare. It's long outlived its usefulness, if ever it had one."

THE ASSOCIATED PRESS

We Know What You're Thinking

41% The number of Canadians who would rather clean out their basement or garage than look at their taxes or finances.

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Buffett not bullish yet
Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Confidence in economy up

Ontarians still worried: Survey

Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24 per cent on the East Coast, it fell in all other regions of the country.

"It's not entirely surprising given how difficult the recession has been in Ontario," said Robert Hogue, senior economist with the Royal Bank of Canada.

"Unemployment is still high and that weighs on households."

Respondents in Manitoba and Saskatchewan had the lowest levels of job anxiety, just 13 per cent.

Overall, the index rose to 109 in February, up three points from 106 in January. That's the highest level the index has reached since it was established in November 2009.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good.

METRO NEWS SERVICES

Growth rate jumps to 5%

GDP Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to a surprisingly strong five per cent. That was a full percentage point higher than economists had generally expected.

It was also above the Bank of Canada's latest estimate in January, when the central bank was looking for the fourth-quarter growth rate to be 3.3 per cent. THE CANADIAN PRESS

m.metronews.ca
SCANLIFE
In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

Toyoda apologizes to China

TOYOTA Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers. He faced a grilling last week in Washington by angry U.S. lawmakers about recalls over sticky gas pedals, faulty floor mats and glitches in braking software.

"The Chinese market is very important, so I flew here in person in the hope my personal expression of an apology and explanation will give customers some relief," Toyoda said at a news conference.

Toyoda's decision to make China his second foreign appearance reflected the importance of its market as sales lag elsewhere.

THE ASSOCIATED PRESS

Fast food **Nostalgia stills sells**

MIKE DEBRETZ/THE CANADIAN PRESS

Colin MacDonald, general manager of Halifax's Chickenburger restaurant, sits inside the dining room. The Chickenburger might be the only restaurant in Atlantic Canada where you'll be asked in the dead of winter whether you'd like to enjoy your order in the parking lot. Even when the 1950s-style landmark isn't packed, nostalgic patrons often go to their warm vehicles, balancing fries and burgers on knees and steering wheels.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

6 ways to protect yourself from fraud

HEATHER BUCHAN
For Metro Canada

Fraud Prevention

March is Fraud Prevention Month, a campaign organized by the Competition Bureau of Canada — with seminars taking place across the country on everything from fraudulent telemarketing to Internet scams, to false charities and counterfeit money — to arm Canadians with tips and information on how to protect themselves against all types of fraud.

Here are some of the top tips:

1 When an offer sounds too good to be true, warning bells should go off in your head because the offer probably isn't true.

2 Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time pressure, get independent advice before agreeing to anything.

3 Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

4 Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

5 If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

6 If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to https://competitionbureau.gc.ca.

Tips for self-employed

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

No more pencils, no more books, no more bosses' dirty looks. You are self-employed. Out of the rat race.

OK, so the reality is you've been downsized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

ALISON'S MONEY RULE
Whether chosen or forced self-employment works best when you follow a few basic rules.

But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success:

1 Have a financial plan: Determine your absolute minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

2 Know where your cash flow is coming from: Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

3 Be disciplined: Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water cooler chat.

Being self-employed means being prepared for days when you'd kill for a bit of water cooler chat.

4 Network like crazy: Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient because it can take time for such contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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MoneyMatters

Henry Choo Chong

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Employment expenses

Q My colleagues claim expenses and receive large tax refunds but I seem to be paying more income taxes year after year. What can I do to reduce my taxes? — James

A Employees may deduct expenses if it is required under their employment agreement. A signed T2200 must be obtained from your employer. Some expenses that may be deducted are supplies, travelling cost, home office rent, and professional dues. Additionally, a commissioned salesperson can deduct meals and entertainment, and rental equipment costs.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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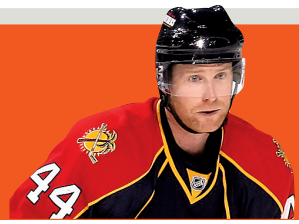
Pace cut by Bears

The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. THE ASSOCIATED PRESS

Sports



Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Shaq likely done for rest of season

INJURY Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

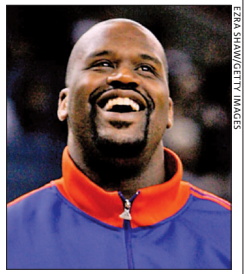
O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.

"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamario Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Cleveland enters its game yesterday against the Knicks leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv my team, Cavs baby!"



EZRA SHAW/GETTY IMAGES

Shaquille O'Neal is likely to miss the rest of the season.

O'Neal has played well for the Cavaliers, averaging 12 points and 6.7 rebounds in 53 games. He injured the thumb Thursday at Boston when his shot was blocked by Glen (Big Baby) Davis with just more than seven minutes left in the first half.

Cavs general manager Danny Ferry said O'Neal will wear a splint for the next two weeks, then begin his rehab.

"Our guys have done a very good job of stepping up this season. We are confident they will do the same in this situation," Ferry said. "We are fortunate to have some depth in our front court that can keep us moving forward while Shaq recovers and returns to play for the post-season."

Anderson Varejao will continue to start at centre for Cleveland, which has the NBA's best record at 44-16. THE ASSOCIATED PRESS

Stajan eyes playoffs

With new deal in hand, forward seeks to 'pay back' Flames

After signing a four-year contract extension, forward Matt Stajan wants to prove to the Calgary Flames that they made a sound investment.

Acquired in a multi-player deal from the Toronto Maple Leafs on Jan. 31, Stajan has scored twice and added two assists in seven games with the Flames.

"I've got to do everything I can now to pay them back and make sure I'm on top of my game and really dedicated to helping this team win," said Stajan, whose deal is worth a reported average of $3.5 million US per season. "It's good to get it done now. We have some important hockey coming up. We've got to go out there and work hard and hopefully we can get the job done."

Prior to the Olympic break, Calgary general manager Darryl Sutter gave the Flames (30-23-9) a major facelift by acquiring Stajan, Niklas Hagman, Jamal Mayers and Ian White from the Maple Leafs in exchange for Dion Phaneuf, Fredrik Sjostrom and prospect Keith Aulie. He also shipped Olli Jokinen and Brandon Prust to the New York Rangers for Christopher Higgins and Ales Kotalik.

Sutter then signed forward Rene Bourque to a six-year contract extension worth a reported $20 million US.

"(Signing Stajan) was an opportunity similar to Bourque, to tie those guys up in their 20s if we could," said Sutter, noting he was pleased to get both contracts signed now instead of waiting until after the season. "It's a big commitment on both sides. It's not just one side.

"You have to be able to work together to make it work because you're trying to keep a good team together for as long as you can."

With the NHL trade deadline set for tomorrow afternoon, Sutter bluntly told reporters that he's not actively looking to make any more deals.

"I don't think you expect much," Sutter said. "We've added six via trade and seven with (Mikael) Backlund and two guys re-signed. I think that's significant."

Backlund appeared in nine games with the Flames this season and notched a goal and an assist prior to the Olympic break, before being sent back down to the American Hockey League to play for the Abbotsford Heat. The Swedish forward, who will turn 21 on March 17, was named the Reebok/AHL Player of the Week yesterday after recording two goals, four assists and a plus-six rating in three victories for the Heat over the past week.

Even without Backlund, Jarome Iginla or Hagman, the Flames had 13 forwards suiting up for yesterday morning's practice. Fresh off a gold-medal performance in Vancouver, Iginla will rejoin the Flames today, along with Hagman and goalie Miikka Kiprusoff, who helped Finland win bronze in the men's hockey competition at the Olympics.

"More is better as long as they're productive," said Sutter in regards to the excess number of forwards the Flames currently have on their roster. THE CANADIAN PRESS

PHILLIP MACCALLUM/GETTY IMAGES

Matt Stajan has signed a four-year contract with the Flames that is worth a reported average of $3.5 million US per season.

m.metronews.ca

ScanLife

Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

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NHL

YESTERDAY'S RESULTS

Detroit 3 Colorado 2

TODAY'S GAMES

Montreal at Boston, 5 p.m.
Carolina at Toronto, 5 p.m.
Chicago at N.Y. Islanders, 5 p.m.
Florida at Atlanta, 5 p.m.
Vancouver at Columbus, 5 p.m.
N.Y. Rangers at Ottawa, 5:30 p.m.
Buffalo at Pittsburgh, 5:30 p.m.
Philadelphia at Tampa Bay, 5:30 p.m.
Edmonton at Nashville, 6 p.m.
Los Angeles at Dallas, 6:30 p.m.
St. Louis at Phoenix, 7 p.m.
New Jersey at San Jose, 8:30 p.m.

NBA

YESTERDAY'S RESULTS

Houston 116 Toronto 92
Atlanta 116 Chicago 92
Cleveland 124 New York 93
Dallas 89 Charlotte 84
Orlando 126 Philadelphia 105
Portland 103 Memphis 93
San Antonio 106 New Orleans 92
Phoenix 101 Denver 85
Utah at L.A. Clippers

Sports in brief

DOME A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about $386 million, although a fully retractable roof would add at least another $45 million to the price tag.

NHL The St. Louis Blues have acquired goaltender Joe Fallon from the Chicago Blackhawks in exchange for goalie Hannu Toivonen and defenceman Danny Richmond. Fallon has played in 29 games this season in the American Hockey League.

SOCCER A Paris Saint-Germain fan injured in a fight between rival factions of hooligans from the club was in a life-threatening condition yesterday, police said. The 38-year-old fan sustained a serious head injury ahead of Sunday's French league match between fierce rivals PSG and Marseille. Marseille went on to win the game 3-0.

BASEBALL The Missouri Senate wants to take away Mark McGwire's highway. A stretch of Interstate 70 in St. Louis was designated the Mark McGwire Highway in 1999, one year after the Cardinals slugger hit a then-record 70 home runs. But McGwire has now admitted he used steroids, and the state Senate voted unanimously yesterday to rename the section of interstate the Mark Twain Highway.

BASEBALL Yankees star Alex Rodriguez has been contacted by federal investigators regarding a Canadian doctor accused of selling an unapproved drug. Rodriguez said yesterday he was "aware" of the investigation and plans on co-operating with government officials who are looking into Dr. Anthony Galea. Rodriguez said a date for an interview has not been set. METRO NEWS SERVICES

SPECIAL FOCUS ON:
Spring into a new you

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Boot it up and get outside

Longer days make it easy to incorporate the outdoors into your routine

CELIA MILNE
for Metro Canada

Need to get rid of winter belly fat? Eating well is key, but so is exercise.

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches.

"Hold the position for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy."

The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a bodybuilder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

PHOTO PROVIDED

Beige may be the new black, but the plank is the new sit-up.

"You don't need a lot of fancy equipment to exercise outdoors. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."

Push-ups work muscles of the upper body such as your chest, shoulders and triceps — as well as your core muscles.

If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incomparable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs.

"Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (vancouveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski.

Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars?

"You'll have new respect for children once you try this challenging upper body exercise," she says.

Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.

PHOTO PROVIDED

Gyrotonic apparatus helps to build muscle and enhance coordination.

Tonic for a healthy mind and body

CELIA MILNE
for Metro Canada

There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

"The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously."

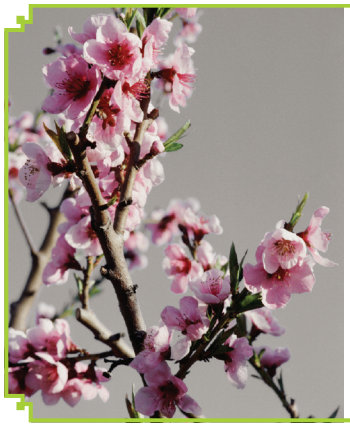
The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously. The movements are fluid and somewhat unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Juliu Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit crispin.ca.



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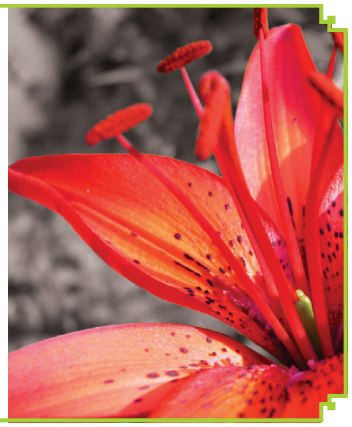

A scent sweetens the lives of women

JON TATTRIE
for Metro Canada

When Canadians think of Afghanistan, images come to mind of soldiers, dusty mountains and burkas. When Barb Stegemann thinks of Afghanistan, she smells flowers and a new perfume she's about to unleash on Canada.

PHOTOS PROVIDED

Barb Stegemann

PHOTOS PROVIDED

The orange-blossom oil she uses is sold by Afghani women.

"It's really precious. My perfumer says it's one of the greatest scents ever," the Halifax businesswoman and author says of Afghanistan Orange Blossom Eau de Parfum.

"It's very fresh. It's got lighter notes of freesia and other citrus notes, but mainly (it's) the orange blossom oil with a hint jasmine. The perfume is incredible: it makes me happy," she laughs. "The minute you smell it, you associated it with light, fresh, happy; we're changing the perception of a community. There are some beautiful things in Afghanistan."

Born in rural Nova Scotia, Stegemann moved to B.C. and ran a consulting firm before returning to Halifax. Two years ago she published The Seven Virtues of a Philosopher Queen: A Woman's Guide to Living and Leading in an Illogical World and became a full-time author and motivational speaker.

Now she's set her sights on the beauty world with Afghanistan Orange Blossom. Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban and it allows Stegemann to produce what one fashion magazine called an "absolutely glorious" scent.

Stegemann has a professional perfumer turn the oil into perfume and has long-term ideas about branching out into candles and bath oils.

Like her book, the perfume's packaging comes infused with quotes from poets and leaders. During the steep learning curve of bottling her own perfume, Stegemann was delighted to discover that "Gandhi" means "seller of perfume." Mohandas Gandhi is one of her personal heroes.

For Stegemann, the total package is about 3-D beauty. "It's the new retail therapy: You come, you want to look more beautiful, you leave more beautiful on the inside," she explains.

Afghanistan Orange Blossom is being launched on International Women's Day (March 8) and will be available at The7virtues.com and select retail outlets across Canada.

Sweating it out together

The J Spot
Josey Vogels
metronews.ca/thejspot

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatsfit.com. Tessina, a psychotherapist and author of How to Be Free and Still Be a Couple says the best way to raise the weight issue is to approach it from a health perspective. Instead of telling your partner they've gained weight (duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it.

Nagging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shopping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Three fun fitness iPod applications

Metro World News

- **HUNDRED PUSHUPS** A popular iPhone app that helps planning and reminding users to do the daily push-ups. The app keeps track of days and weeks and adjust the program to your current "exhaustion" level.
- **RUNKEEPER** One of the most popular aerobic exercise tracking apps was also one of the first. RunKeeper tracks duration, distance, speed and pace (and more) and helps motivating users to continue pushing further.
- **IPUMP TOTAL BODY** This one is for the real testosterone junkies out there, aiming to provide a pocket-sized personal trainer. The app breaks exercises down into four-week training cycles giving instructions every step of the way to that perfect body.

Make spring time check up time

MEDICAL Whether you are young or old, male or female, spring is a great time for your annual checkup.

For one thing, it helps build a relationship with your physician.

The tests that a doctor does help prevent problems from occurring, or catch them early on.

The doctor can check if your weight, cholesterol and blood pressure are higher than is healthy.

He or she can advise you on necessary or optional vaccines, let you know if you are deficient in vitamins and minerals, and screen you for signs of cancer.

If you don't have a doctor ...

- Ask your local pharmacist.
- Check your provincial College of Physicians and Surgeons at cfpc.ca/Englighcfpc/chapters/cps/
- Ask friends, family, coworkers, or people you know through sports and clubs.

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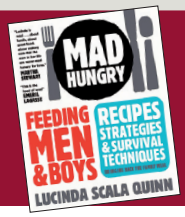
"Fat Doug" hamburger wins
Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. THE ASSOCIATED PRESS

Food



The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, Mad Hungry: Feeding Men & Boys (Artisan, $39.95). She also provides survival techniques for bringing back the family meal. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A dish for any crowd

Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

If the rapini is too strong for your taste, milder broccolini makes a good substitute.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

Bow-Tie Pasta with Rapini and Chickpeas.

Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

INGREDIENTS:
- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese, or to taste

METHOD:

1. Bring a large pot of salted water to a boil.
2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75 cm (1/3 inch) from rapini. Chop coarsely.
3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.
4. Add pasta to boiling water and cook according to package instructions.
5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.
6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

Serve with crusty bread and a vinaigrette salad

THE ASSOCIATED PRESS

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Cheers to Oscar

Last year's snub of The Dark Knight convinced the Oscar brain trust to acknowledge 10 flicks this year. I've only seen five, so here's my annual (yet abbreviated) booze matches for the nominees.

AVATAR: I love my science fiction and the big blue Na'vi inspire the choice of **Hpnotiq** ($40 - $49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner.

UP IN THE AIR: I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** ($2.99 - $3.25) helps me go a long way.

INGLOURIOUS BASTERDS: All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** ($2.60 - $2.99).

DISTRICT 9: The South African location for this brilliant piece of sci-fi makes methink wine and a glass of **Two Oceans Shiraz** ($9.95 - $12.49).

THE HURT LOCKER: This explosive pic has a lock on Oscar. Celebrate with a Jäger Bomb made by mixing a half a can of Red Bull and an ounce of **Jägermeister** ($28.95 - $33.99).

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

The 81st Annual Academy Awards

Food in brief

COOKING TIPS Here are some tips to help get kids become familiar with the kitchen and cooking:
- Before starting, take children on a "safety tour" of the kitchen to explain to them what they can't touch.
- Store some of the ingredients your kids are most likely to use on lower shelves in the fridge and cupboards.
- Teach little chefs to wash their hands before and after meal prep and during the process.
- Spills must be cleaned up, especially if they are on the floor and present the danger of slipping and falling.

Source: Food Network Canada.
THE CANADIAN PRESS

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Roger Jr. speaks to Oprah

Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. EW.COM

Entertainment

Coco to wed

Canadian supermodel Coco Rocha, left, announced on her website yesterday that she is engages. Fiancé James Conran proposed to Rocha last week, she adds. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Last chance for Death Row

Canadian-run gangsta rap label mired in controversy

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he hopes to put out new hip-hop music and continue to release songs from its back catalogue.

Death Row Records, which was started by Suge Knight, above, and hip-hop legend Dr. Dre is now in Canadian hands.

But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions, but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again." Jake Brown

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already bought those records."

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something it may be able to do better than Knight. But with a rising debt of about $25 million, WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Plex brings aboriginal voice to hip hop

BRIAN TOWIE
Metro Canada

Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that does not to see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us."

Well, somebody's got to, especially when discussing the impact of oilsands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick. A place like Fort Chipweyan; people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights. It's about breaking down the barriers between cultures.

Brainstorm is the solo debut album from Alberta artist Plex.

"Growing up, there was that separation. We were always pushed to one side," he says. "It always made me feel awkward and ashamed about it. But we shouldn't feel like that. What has been happening is good, but we're only beginning to fine-tune that stuff."

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Glee on the road

The stars of Fox's hit series Glee are hitting the road for live shows, the network announced yesterday. The cast of the Golden Globe-winning comedy will perform in the four-city tour titled Glee Live! In Concert beginning May 18 in Phoenix. TVGUIDE.COM

Good Wife, good TV

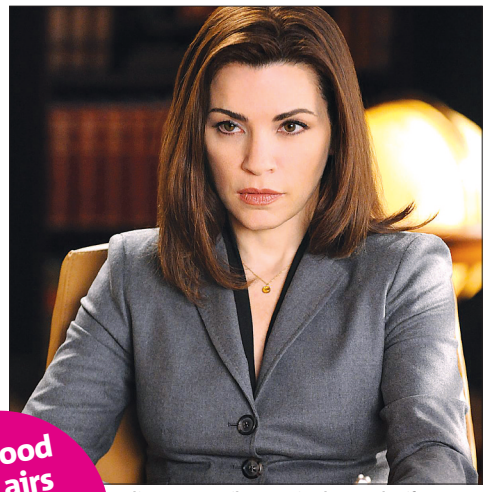
Successful CBS series returns for second season

Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The Good Wife has been a strong performer for CBS, nestled into a popular Tuesday lineup with the NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a damaged public marriage — the series has been a star turn for Margulies.



Julianna Marguiles stars in The Good Wife.

The Good Wife airs today on Global and CBS

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

The Kings' inspiration for The Good Wife is obvious — the Spitzers, the McGreaveys, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

THE ASSOCIATED PRESS

DVD picks

Where The Wild Things Are

Directors: Spike Jonze

THE KEY TO appreciating Spike Jonze's imperfectly perfect screen adaptation of the classic bedtime story is in this director's statement: "I didn't set out to make a children's movie; I set out to make a movie about childhood."

What Jonze and screenwriter Dave Eggers have wrought in adapting Maurice Sendak's 1963 picture book perennial is something so primal, and so in touch with the rough "id" of youthful fantasy, it would be easy to dismiss as a simple kid's story.

That's true even though it's about a kid: boisterous nine-year-old Max, who is resisting maturity. He just wants to have a "wild rumpus" with his strange new woodland pals, who have crowned him king of their dusty jungle. Reality can wait, if only for a moment.

Where the Wild Things Are uses puppets instead of computers (although CGI rendering was needed for facial expressions), a sailboat instead of a rocket ship and dirt clods instead of guns or bombs. The giant forest creatures voiced by James Gandolfini, Catherine O'Hara, Lauren Ambrose, Chris Cooper, Forest Whitaker and Paul Dano are so handmade and primal, they come as a shock to the system.

Extra include four "Webisodes" of background material; the Blu-ray version has eight Webisodes, plus the short film Higglety Pigglety Pop!, featuring the voices of Meryl Streep and Forest Whitaker.

Peter Howell/for Metro Canada

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/2/10	267	351 - ACCESS	Alberta Primetime (Live)		Lost "Lighthouse"		*Swarmed* (2005, Suspense) Michael Shanks, Carol Alt.				Primetime
primetime	243	317 3 CFCN	Lost "Sundown" (N)		Law & Order: Special Victims		American Idol The top 10 female semifinalists perform.				CTV News
	-	- 4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Lost "Lighthouse"		Lost "Sundown" (N)		20/20 (N)
	245	306 6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife "Bang"		NCIS "Mother's Day" (N)		NCIS: Los Angeles (N)		News Hour
	246	- 8 CKAL	Law & Order: Special Victims		Parenthood "Pilot" (N)		The Biggest Loser (N)				EP Daily
	119	705 9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Trauma "Foi et néant" (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Access H.	The Doctors		NCIS "Mother's Day" (N)		NCIS: Los Angeles (N)		The Good Wife
	-	374 14 KSPS	PBS NewsHour (N)		NOVA (HDTV) (N) (DVS)		Wild Lives		Frontline (N) (DVS)		Independent
	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	-	370 16 KHQ	College Basketball Cal State Bakersfield at Gonzaga. (Live)				The Biggest Loser (N)				Parenthood (N)
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol The top 10 female semifinalists perform.				News
	297	652 37 WPIX	Melrose Place (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	NHL Hockey		SportsCentre (HDTV) (Live)			2009 World Series of Poker Main Event, from Las Vegas.			
	408	418 27 net	(6) NHL Hockey Edmonton Oilers at Nashville Predators.				Hockey Central	UEFA Champ.	Sportsnet Connected (N)		Telus Oilers
	410	403 30 SCORE	(6) Court Surfing NBA news, scores and highlights.				Score Now		Score Now		Score Now
	411	457 44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters International		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	417	406 48 SPEED	Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 "Las Vegas"		Monster Jam
family	552	543 20 YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Top Twenty Tearjerker Videos		Amer. Funniest Home Videos		Reba
	553	546 17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
cable variety	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	House-Sell	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	Look Good
	521	560 24 TLC	19 Kids-Count	19 Kids-Count	Little Parents	Little Parents	The Tiniest Girl in the World		19 Kids-Count	19 Kids-Count	Little Parents
	603	561 25 FOOD	Hell's Kitchen		Good Eats	Good Eats	Restaurant Makeover		Diner, Drive-In	Unwrapped	Hell's Kitchen
	615	520 26 A&E	Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	617	522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter		*Termination Point* (2007, Suspense) Jason Priestley.				Drop-Diva
	601	562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives-Atlanta		Housewives
	-	633 34 ENC2	(6:50) *For the Moment* ★★ (1993, Romance)				*Unforgiven* ★★★★ (1992, Western) Clint Eastwood.				*The Net (1995)*
	520	505 35 DISC	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet		Destroyed	Destroyed	Swamp Log.
	620	523 36 BRAVO	The Susan Boyle Story		Paul Potts-Royal		Law & Order		Without a Trace		*Wit* (2001)
	294	650 40 WPCH	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Good Will Hunting* ★★★ (1997, Drama) Matt Damon, Robin Williams.				
	626	547 41 COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	-	539 42 TCM	(6) *West Side Story* ★★★★ (1961, Musical)				*Rebel Without a Cause* ★★★ (1955, Drama), Sal Mineo				*Giant*
	628	584 43 SPIKE	UFC Unleashed		Blue Mountain	Players (N)	UFC Unleashed		UFC Unleashed (HDTV)		Blue Mountain
	522	516 45 HIST	Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients-Badly
	627	528 46 SPACE	Medium (HDTV)		Fringe "Grey Matters"		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *To Kill a Mockingbird* ★★★★ (1962, Drama)				*To Kill a Mockingbird* ★★★★ (1962, Drama) Gregory Peck, Mary Badham.				
	619	525 49 TROP	End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash
	600	564 50 HGTV	Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes on Homes		Million Dollar Listing		Bang, Buck
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	(6:30) The Closer		Cold Case		Psychic Inv.	Encounters	Judging Amy		Psychic Inv.
	269	350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Arizona Dream* ★ (1992, Comedy-Drama) Johnny Depp, Jerry Lewis.				
	-	- 94 MCP	World News	News	My Queen	Immortal Yi, So	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	mmtop10.ca		Hammertime	Gimme Sugar	Gene Simmons	Wild 'n Out	Hammertime	Gimme Sugar	Gene Simmons
	570	580 101 MM	My Date With...	Muchmusic Countdown			MuchOnDemand		America's Best Dance Crew		Love Court
	581	566 102 MTV	16 and Pregnant		16 and Pregnant (N)		MTV Live	Sex, News-Roll	Taking, Stage	Buried	16-Pregnant
	-	- 116 TV5	Partir autrement		ADN	Nouva	TV5 Le Journal	(9:35) Temps présent		Réunion, entre ciel	

critics' corner

Kids in the Hall: Death Comes to Town

The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's guilt when Shuckton is rocked by a second murder, and Ricky's investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on CBRT

Parenthood

Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views contemporary family life as reflected by the large and colorful Braverman clan. In the series premiere, Sarah, a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam learns that his son has Asperger's syndrome. 8 PM on CKAL; 11 PM on KHQ

The Good Wife

Alicia and Diane need to get a wife to testify against her husband in a murder case, but that pesky spousal privilege thing is getting in the way. Speaking of spouses, Peter is back home, attempting to readjust and working on a comeback with his political team in the new episode "Bang." 8 PM on CICT; 11 PM on KREM

Cowell's girlfriend shows up with engagement ring

Simon Cowell's, left, makeup artist girlfriend, Mezhgan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according top Popeater. METRO WORLD NEWS

Celebrity Buzz

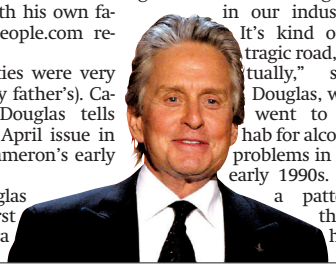
Douglas admits he wasn't the best dad

LIKE FATHER, LIKE SON. With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.



Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

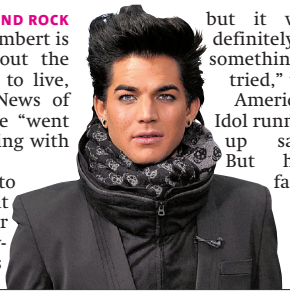
"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming Wall Street: Money Never Sleeps.

METRO NEWS SERVICES

Lambert says he has gone wild with drugs in the past

ALL'S FAIR IN LOVE AND ROCK AND ROLL Adam Lambert is coming clean about the wild life he used to live, telling Britain's News of the World that he "went wild" experimenting with drugs.

"It didn't get to the stage where it ruined my life or where it was anything too serious but it was definitely something I tried," the American Idol runner-up says. But he's far from repentant over his past indulgences.



"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

METRO WORLD NEWS

She doesn't feel worthy

BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE Anne Hathaway doesn't think she deserves her success, femalefirst.co.uk reports.

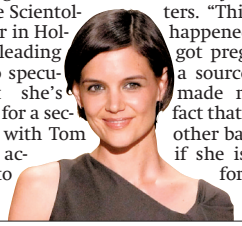
The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth when working with big Hollywood names.

She said: "I owe so much of my career to luck. My mother always told me that luck is preparation meets opportunity and I've been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

METRO NEWS SERVICES

Holmes 'audit' claims lead to baby speculation

WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING? Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom Cruise, according to Page Six.



Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

METRO WORLD NEWS

Jude finally meets daughter

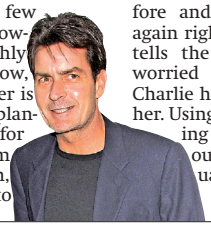
AND HER FIRST WORDS WERE: CHILD SUPPORT Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on plans for how the actor should support the mother and child.

"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

METRO WORLD NEWS

Sheen off to splitsville: Report

THE REAL SHOCK IS THAT IT LASTED SO LONG After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, according to Radar Online. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."



METRO WORLD NEWS

Tiger does sex rehab at home

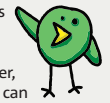
WERE THE OTHER PATIENTS TOO DISTRACTING? Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to Page Six. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.

And his wife, Elin Nordegren, has allegedly been there with him. "Elin was with him, but she's heading back to Florida," a source says.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets



KEVIN SMITH is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@JessicaSimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to REALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.

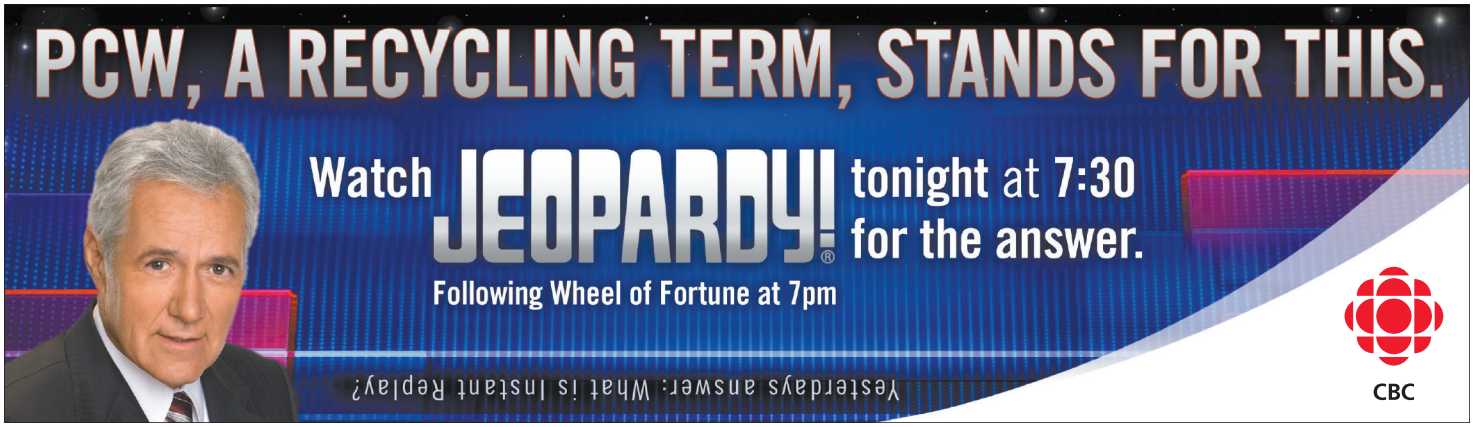
METRO NEWS SERVICES

Well they both have long hair

GROHL'S BIOPIC PICK The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but Dave Grohl, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, people.com reports.

"I don't know about anyone else, but I'm crossing my fingers that Shelley Duvall plays me," the musician deadpans to People.

METRO NEWS SERVICES

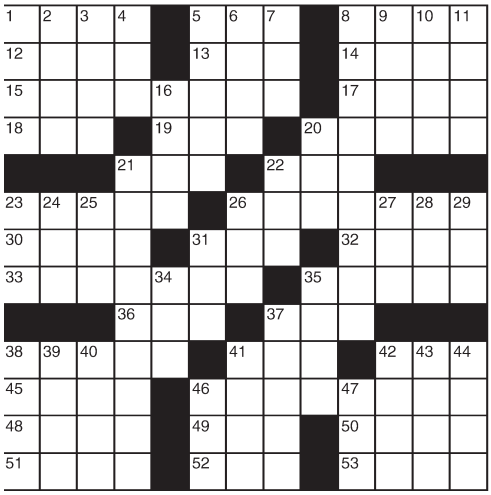


Today Mostly Sunny 7 C / -4 C
Wednesday Partly Sunny 9 C / -2 C
Thursday Mostly Cloudy 4 C / -2 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 Just adorable
5 Potential syrup
8 Heavy reading
12 Somewhere out there
13 Big bother
14 Suitable
15 Highly rated
17 Incite
18 "Guinness Book" suffix
19 URL ending, often
20 Uncouth
21 — Francisco
22 Marshy area
23 Playwright Chekhov
26 Need
30 Stead
31 No mere mist
32 Notion
33 Panic-stricken
35 Take for one's own
36 Wall Street average
37 Previous night
38 Jazz style
41 Grand- —, N.S.
42 Twosome
45 Beige
46 Lasting 60 minutes
48 Carpet type
49 Dadaist pioneer
50 Arab commander
51 "Poppycock!"
52 Still
53 Townshend or Sampras

DOWN

1 Eatery
2 Roswell sightings
3 Lacking slack
4 Show fallibility
5 Humpty Dumpty — a wall"
6 Leading man?
7 "— favor, señor"
8 Sightseers' aide
9 Gumbo ingredient
10 Periodicals, briefly
11 Spuds' buds
16 Read bar codes
20 — au vin
21 Old-time prospector
22 Plead
23 Carte lead-in
24 Zilch
25 Afternoon social
26 Scepter
27 Altar affirmative
28 Agt.
29 Corrode
31 A handful
34 Unruly hair
35 State with confidence
37 Burst forth
38 Number one
39 Reverberate
40 Support group?
41 Skin opening
42 Round top
43 Troop group
44 Shrek, for instance
46 Dinner for Dobbin
47 You can't stand to have it

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7		6	5		9	2		1
		1				4		
3	4						5	6
			3		8			
	3						6	
			9		7			
9	1						4	3
		2				8		
6		3	8		4	9		7

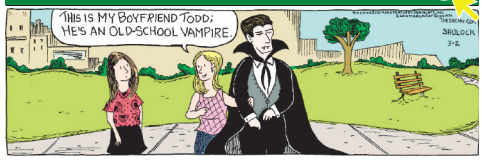
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	A	■	■	P	A	S	■	A	F	R	O		
L	I	R	A	■	A	R	T	■	P	R	O	D		
G	R	I	P	■	W	A	R	■	P	O	N	D		
A	D	A	P	T	■	B	O	O	R	■	■	■		
■	■	■	R	O	E	■	P	R	O	M	P	T		
B	A	Z	O	O	K	A	■	E	X	I	L	E		
A	R	E	A	■	E	B	B	■	I	R	A	N		
B	I	R	C	H	■	C	O	M	M	E	N	T		
A	L	O	H	A	S	■	B	R	A	■	■	■		
■	■	■	A	M	E	X	■	S	T	I	R	S		
L	A	M	B	■	P	R	O	■	E	D	I	T		
I	D	O	L	■	I	A	N	■	D	E	N	Y		
D	O	P	E	■	A	Y	E	■	■	A	G	E		

5	1	4	6	9	8	2	7	3
7	9	8	3	2	1	6	5	4
3	6	2	7	4	5	9	1	8
1	8	9	4	6	7	3	2	5
4	7	3	5	1	2	8	9	6
6	2	5	9	8	3	1	4	7
9	3	6	1	7	4	5	8	2
2	5	7	8	3	9	4	6	1
8	4	1	2	5	6	7	3	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Greek Salad with Tahini Dressing

INGREDIENTS:
7 oz (200 g) feta cheese
1 small romaine lettuce, torn
1/2 cucumber, halved lengthwise and sliced
12 oz (375 g) large plum tomatoes, sliced
1 small red onion, halved and thinly sliced
20 pitted black olives
4 tbsp (60 mL) extra virgin olive oil
1 tbsp (15 mL) tahini
1 tbsp (15 mL) lemon juice
4 large sprigs of fresh flat-leaf parsley

METHOD:
1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.
3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.

TAURUS ♉
APRIL 21-MAY 21
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.

GEMINI ♊
MAY 22-JUNE 21
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.

CANCER ♋
JUNE 22-JULY 22
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.

LEO ♌
JULY 23-AUG 23
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.

VIRGO ♍
AUG 24-SEPT 22
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.

LIBRA ♎
SEPT 23-OCT 23
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.

SCORPIO ♏
OCT 24-NOV 22
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.

SAGITTARIUS ♐
NOV 23-DEC 21
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.

CAPRICORN ♑
DEC 22-JAN 20
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.

AQUARIUS ♒
JAN 21-FEB 18
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.

PISCES ♓
FEB 19-MARCH 20
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.

This day in history

1565: The Portuguese founded Rio de Janeiro.
1872: Yellowstone National Park, one of the first national parks in the world, was established.
1939: Trans-Canada Air Lines (forerunner of Air Canada) begins transcontinental operations (between Vancouver and Montreal).
1974: Seven people are indicted for their role in the Watergate break-in.
1981: Provisional Irish Republican Army member Bobby Sands begins his hunger strike in HM Prison Maze.
1992: Bosnia and Herzegovina declares its independence from Yugoslavia. METRO NEWS SERVICES

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JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4★
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Mar. 8, 15 & 22 • 1 wk.

$839
+Taxes & other fees (including service charges): $270

Gran Bahia Principe
Jamaica • 4 1/2★
All-Inclusive • Junior suite
Mar. 8, 15 & 22 • 1 wk.

PRIVILEGES
$949
+Taxes & other fees (including service charges): $270

HAWAII

Honolulu

Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy saver - Moderate
partial city view rm.
Mar. 18 • 1 wk.

$759
+Taxes & other fees (including service charges): $140

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto del Sol
Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Apr. 17 & 24 • 1 wk.

$899
+Taxes & other fees (including service charges): $270

Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Apr. 10, 17 & 24 • 1 wk.

$1029
+Taxes & other fees (including service charges): $270

CUBA

Santa Clara

Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
Mar. 10 & 17 • 1 wk.

$759
+Taxes & other fees (including service charges): $218

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Mar. 10 & 17 • 1 wk.

$779
+Taxes & other fees (including service charges): $218

DOMINICAN REPUBLIC

Punta Cana via Calgary

Gran Bahia Principe Ambar,
Don Pablo Collection • 5★
All-Inclusive • Junior suite
Mar. 9, 16 & 23 • 1 wk.
Adults only

PRIVILEGES
$1039
+Taxes & other fees (including service charges): $302

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm.
Mar. 19 • 3 nts.
Complimentary Hop-on / Hop-off tour

$899
+Taxes & other fees (including service charges): $472

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Celebrity Summit℠
Southern Caribbean Cruise
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Oceanview stateroom, cat. 07
Mar. 27 • 1 wk.

$1579
+Taxes & other fees (including service charges): $268

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DOMINICAN REPUBLIC

La Romana via Toronto

Iberostar Hacienda Dominicus • 4 1/2★
All-Inclusive • Standard rm.
Mar. 20 & 27 • 1 wk.

$1289
+Taxes & other fees (including service charges): $315

MEXICO

Cancun/Riviera Maya

Iberostar Paraiso Beach • 4 1/2★
All-Inclusive • Hotel rm.
June 6 • 1 wk.

$1379
+Taxes & other fees (including service charges): $281

Iberostar Paraiso Beach

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